

MOTION BY SUPERVISOR GLORIA MOLINA

February 3, 2009

“Go Red For Women Day” is the American Heart Association’s national call to increase awareness about heart disease and stroke, and to encourage women of all ages and backgrounds to take positive action to reduce their risk of both diseases. All women should learn about their own personal risk for heart disease and stroke by using tools such as the American Heart Association’s *Go Red for Women* Heart Check-Up and by speaking to their personal physician.

Once thought of as a man’s disease, heart disease actually takes the lives of more women than men—and include different symptoms and risk factors. Heart disease and stroke claim the lives of nearly 500,000 women each year. More female deaths are caused by these two diseases than the next six causes of death combined, including all forms of cancer. Nationally, heart disease causes one woman to die about every minute. In addition, each year of the women who die, 53% die from cardiovascular disease (CVD) as compared to 46% of men, and about 35,000 more

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females than males die from a stroke. The good news is that heart disease is predictable, preventable, reversible and treatable!

The Board of Supervisors has taken an active leadership role in promoting the importance of a healthy lifestyle and joins the American Heart Association in this important awareness campaign by declaring Friday, February 6, 2009 as "Go Red for Women Day" in the County of Los Angeles. In addition to supporting women in the fight against heart disease and stroke by wearing red on this day, we urge all County residents to get involved in American Heart Month in February and take steps throughout the year to reduce the risk of heart disease and stroke in our communities.

I, THEREFORE MOVE THAT THE BOARD OF SUPERVISORS:

1. Endorse the American Heart Association's "Go Red for Women" national campaign and proclaim Friday, February 6, 2009 as "Go Red for Women Day" throughout the County of Los Angeles in order to encourage all residents of this County to participate in this campaign; and
2. Instruct the Auditor-Controller's office to include a message on the February 15, 2009 paycheck for all County employees to raise awareness about the American Heart Association's national campaign during American Heart Month in February and to encourage everyone to reduce the risk of heart disease and stroke by being active, eating smart, getting checked regularly and not smoking.